

WEEK

22

DEAR CSA MEMBER,

The patchwork that makes up the CSA harvest season has only the last couple of pieces to be worked together. We have two more deliveries after this week and our last delivery will be the week of Thanksgiving.

The vegetables that you see in your share are the hearty and the brave. They are able to withstand the fluctuations in the weather, the extreme cold and heavy rains that are part of fall weather. I think they must make us hearty as well as we head toward winter. Most of the flavors are intense and the vegetables are ones that grow well in our colder fall temperatures. Enjoy the vegetables-Deb

- |                           |                         |                 |                       |                         |
|---------------------------|-------------------------|-----------------|-----------------------|-------------------------|
| <b>Carrots</b>            | <b>Red Russian Kale</b> | <b>Beets</b>    | <b>FRUIT</b>          | <b>Golden</b>           |
| <b>Acorn Squash</b>       | <b>Dry Beans</b>        | <b>Parsley</b>  | <b>Empire Apples</b>  | <b>Delicious Apples</b> |
| <b>Purple Cauliflower</b> | <b>Romanesco</b>        | <b>Celeriac</b> | <b>Bosc Pears</b>     |                         |
| <b>Shallots</b>           | <b>Cauliflower</b>      |                 | <b>Fuji Apples</b>    |                         |
|                           |                         |                 | <b>Spartan Apples</b> |                         |

Autumn Minestrone /// Serves 6 to 8

**A contribution from our newsletter contributor, Chris Lee. She found in The Moosewood Cookbook, and it's a great way to use most of the offerings in our shares this week. One note she passes along: "They recommend a firm, rich winter squash, such as acorn, delicata, or buttercup."**

- 2 tablespoons canola or other vegetable oil
- 1 cup chopped onions
- 2 garlic cloves, minced or pressed
- 2 1/2 cups peeled and cubed winter squash
- 2 celery stalks, diced
- 1/2 cup peeled and diced carrots
- 2 1/2 cups cubed potatoes
- 1 teaspoon dried oregano
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 6 cups water
- 4 cups chopped kale
- 1 1/2 cups cooked or canned beans (15-ounce can, drained)

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water and cook for 10 minutes or until the potatoes are almost done. Add the kale and beans and simmer for another 5 to 7 minutes, until the kale is tender and the beans are hot. Serve immediately.

Beet Salad with Orange, Fennel and Feta /// Serves 6

**Another from Chris Lee, who clipped this recipe from Bon Appetit.**

- 2 large (3-inch-diameter) red beets, all but 1 inch of tops trimmed
- 2 large (3-inch-diameter) golden beets, all but 1 inch of tops

- trimmed
- 5 tablespoons extra-virgin olive oil, divided
- 4 oranges
- 1 small fresh fennel bulb, trimmed, quartered, cored, cut into paper-thin strips
- 1/4 cup finely chopped fresh mint
- 1/4 cup finely chopped fresh Italian parsley
- 1/4 cup hazelnuts, toasted, husked, halved
- 1 small shallot, finely chopped
- 1 tablespoon balsamic vinegar
- Coarse kosher salt
- Freshly ground white pepper
- 1 1/2 cups coarsely crumbled feta cheese

Preheat oven to 400°F. Place all beets in 9x9x2-inch metal pan. Drizzle 3 tablespoons oil over; sprinkle with salt and pepper and toss to coat. Cover pan with foil and roast beets until tender, about 1 1/2 hours. Uncover and cool completely. Peel beets, cut into 1/2-inch cubes, and place in large bowl, each color on opposite side; sprinkle with salt and pepper. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.) Cut all peel and pith off oranges. Working over medium bowl to catch orange juice, cut between membranes, releasing segments. Add 1 cup orange segments, fennel, mint, parsley, hazelnuts, and shallot to bowl with beets. Transfer 2 teaspoons orange juice to small bowl; whisk in vinegar and remaining 2 tablespoons olive oil. Season dressing to taste with salt and white pepper. Stir into beet mixture. Mound salad on large platter. Drain remaining orange segments; arrange on salad. Sprinkle with cheese.

Pumpkin Pie /// Serves 6 to 8

**This recipe is from Recipes from America's Small Farms by Joanne Lamb Hayes and Lori Stein, members of our CSA. Any winter squash can be used as a substitute in this recipe.**

- 1 small (2 to 3-lb) pumpkin

3 large eggs  
1/4 c. packed light brown sugar  
1 1/2 tsp. ground cinnamon  
1 tsp. ground ginger  
1/2 tsp. ground nutmeg  
1/2 tsp. salt  
1/4 tsp. ground allspice  
1/4 tsp. ground cloves  
1 1/2 c. half and half  
1 prepared pie shell (or see pie crust recipe, below)

Preheat oven to 400 F. Split pumpkin in half and scoop out seeds. Brush cut side of pumpkin with oil and place face down on baking sheets. Bake for 30 to 40 minutes, until pumpkin is tender. Let cool. Scoop out pumpkin from its skin and puree (or mash) until smooth. Beat together the pumpkin, eggs, brown sugar and spices in a large bowl. Gradually beat in half and half until mixture is smooth. Pour into pie shell and bake for 10 minutes. Reduce heat to 300 F and continue baking for 30 to 40 minutes, until filling is almost set. A sharp knife inserted slightly off center will come out almost clean. The center of the pie should not be completely firm. Let cool to room temperature and serve with whipped cream or ice cream.

**Pie Crust** // // // // Makes 1 9-inch crust

1 1/2 c. all purpose flour  
1/2 tsp. salt  
1/2 c. cold butter cut into half tablespoon size pieces  
3 to 4 T. cold water

In large bowl, toss together flour and salt. Add cutter and work into flour with fingertips until crumbly. Drizzle 3 T. of the water on top and work into flour mixture until it starts to clump together. If the mixture seems too dry, sprinkle with remaining tablespoon of water. Work dough lightly into a ball, kneading a couple of times to blend. Form into a disk, wrap in plastic wrap and refrigerate for 30 minutes. On lightly floured surface, roll out dough to 11-inch circle, dusting with flour as necessary. Roll dough onto rolling pin, then unroll onto 9-inch pie pan, centered the dough and fitting it into the bottom. Trim then roll the top edges under and crimp. Refrigerate uncovered for up to 1 hour or until ready to fill.

**Potato, Leek, Celeriac Soup** // // Serves 4 to 6

1/4 c. butter  
4 leeks trimmed and sliced up to green stem  
3 medium potatoes, cleaned and cut into 1/2-inch slices  
1 whole celeriac, peeled and cut into 1-inch chunks  
4 c. chicken or vegetable stock  
thyme, basil and/or marjoram to taste  
salt and pepper

Melt butter in stock pot. Add cleaned leeks and sauté for 5 minutes; add potatoes and celeriac and sauté for 5 minutes.

Cover and cook to steam another 5 minutes. Stir in one cup stock, cover and continue to cook until potatoes and celeriac are tender, about 25 minutes. Remove from heat. Pour vegetables and stock, in batches, into food processor or blender and puree until smooth. Return puree to stockpot and add remaining stock and herbs. Cover and simmer for 15 to 20 minutes. Serve hot.

**Roasted Carrot, Cauliflower and Couscous Salad** // // //  
/Serves 4

1 lb carrots, sliced into 1/4-inch thick slices on the diagonal  
1 head cauliflower, cored and cut into florets  
1 1/2 tsp. ground cumin  
3 T. olive oil

salt and pepper  
1 c. whole wheat couscous  
1 T. lemon zest  
1/2 c. fresh lemon juice (about 3 lemons)  
1 15-oz can chickpeas, drained and rinsed  
6 scallions, thinly sliced  
5 oz. baby arugula

Preheat oven to 450F. Place carrots and cauliflower in bowl; toss with cumin and 2 tablespoons oil. Season with salt and pepper. Spread half the vegetables between two rimmed baking sheets. Roast until browned and tender, 25 to 30 minutes. Rotate sheets halfway through; tossing vegetables once. Cool to room temperature. Meanwhile, in medium saucepan, bring 1 1/4 c. salted water to a boil. Stir in couscous; cover and remove from heat. Let stand until tender, 5 minutes. Fluff with fork; set aside to cool uncovered. In small bowl, whisk together lemon zest, juice and remaining oil. Season to taste. In large bowl, combine vegetables with couscous, chickpeas and scallions. Place arugula on serving platter; drizzle with 1 tablespoon of dressing. Add remaining dressing to couscous mixture and toss; serve over arugula.

**Carrots with Ginger-Honey Glaze** // // //  
// //Serves 6

**Another way to use the honey available from our CSA!**

2 1/2 lbs carrots, peeled, cut into 3-inch lengths, quartered lengthwise  
3 T. honey  
2 T. (1/4 stick) butter  
1 T finely chopped peeled fresh ginger  
1/4 tsp. freshly ground ginger

Cook carrots in large saucepan of boiling salted water until just tender, about 8 minutes. Drain. Stir honey, butter, ginger and ground ginger in large skillet over low heat

until blended. Mix in carrots. Cook carrots over medium high heat until glaze thickens enough to coat, tossing occasionally, about 5 minutes. Season with salt and pepper. Transfer to bowl and serve.

**CSA NEWS, VIEWS & Q'S**  
• **FARM UPDATE**

**Notes from Deb:** “-About the beans: These are still in the shell and you might want to bring a small bag or container to bring them home. Shell, rinse, soak and cook like any dry bean. These are a French Horticultural Variety that are a small, white dry bean.

• **HONEY AND SYRUP!**

**Says Deb:** “The weeks are clicking away. Please place your orders for honey and maple syrup soon. There is an order form on the farm web site: [www.stoneledge-farmny.org](http://www.stoneledge-farmny.org) to download.”

• **FLOWER POWER**

What's in the bouquet this week? Bernadette says: ‘The CSA Bouquet this week is actually a wreath...traditionally a symbol of victory, hope, welcome and love!’

**A Mixed Grain Wreath**

Groupings of...  
**BARLEY...**  
**WINTER WHEAT...**  
**SPRING WHEAT...**  
**RYE...**  
**and OATS...**

...bound on a double rail wreath ring with a wire loop...ready to hang or better yet...look for my tips on how to use this ‘circle of grains’ to make a beautiful centerpiece for your Thanks-